

Resilience

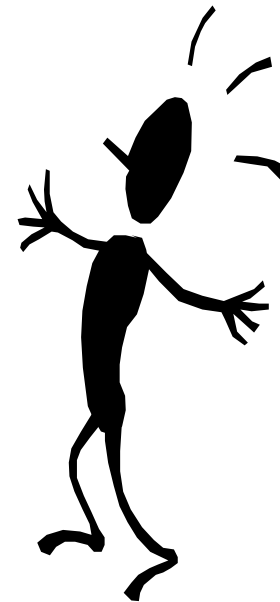
Life



What stressful,
traumatic events
happen to people?

Resilience

- Emotional strength
- Adaptability
- Ordinary



Survivors



- Identify a challenging event
- Describe how people coped
- Share with the large group

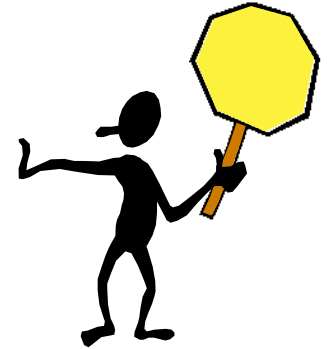
Common Themes

- Pain
- Misfortune
- Problems
- Distress
- Unexpected occurrences



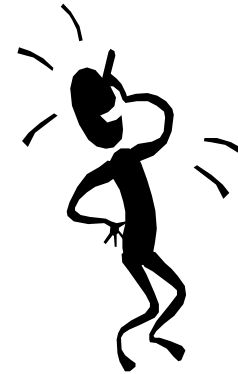
Obstacles

- Rigid attitude toward change
- Inability to alter course
- Cannot imagine alternatives



Qualities

- Positive, realistic attitude
- Caring, supportive relationships
- Self-confident
- Quickly absorb information
- Expect to influence the outcome
- Open to options



Skills

- Find a sense of purpose
- Have a positive outlook
- Take pleasure in small joys
- Take an active approach to solve problems
- Build relationships
- Keep learning
- Expect change
- Be a doer, not a complainer
- Care for yourself



Practice

- Small groups

- Discuss concrete actions you can take to develop/strengthen resilience
- Make a group list

- Privately

- Write down 1-2 actions you will take
- Share with someone you trust
- Practice every day for 3–4 weeks



Ask for Help

- Your Magellan Program
- 24/7
- Prepaid
- **Confidential**

